



LENT 2026 at St. John the Baptist Primary School

Dear St. John the Baptist Primary School Parents/Guardians,

This year, we will journey through Lent by focusing on prayer, fasting, and almsgiving. Each student will follow a calendar of activities at school to help bring them closer to Christ as we prepare for Easter Sunday.

The attached calendar is for your family to use at home. Throughout Lent, there are opportunities to pray, fast, give alms, and perform acts of kindness. We encourage you to review the calendar each day and, as a family, color a cross to reflect good deeds completed during the season. Students can show their love for Jesus by saying extra prayers, helping others, or doing chores without being asked.

Our school Lenten service projects will take place at school and include:

1. Creating spring/Easter door decorations for local assisted living and nursing homes
2. Participating in a "Crown of Thorns" activity. Each time a teacher notices an act of kindness or a quiet sacrifice (without the student seeking recognition), a thorn (toothpick) will be removed from Christ's crown. The goal is to remove all of the thorns before Easter as a visible reminder of daily acts of love and sacrifice.

Through these activities at home and at school, we hope your family will find this Lenten season meaningful and faith-filled.

Thank you,
St. John the Baptist Primary School Faculty and Staff

Columbus Catholic Schools are dedicated to excellence in Catholic education, founded in the love of Jesus Christ, and designed to instill in our students faith, knowledge, and a desire to serve others.

40 Lenten Activities for Catholic Families

| | | | | | | | |
|---|--|--|--|--|--|--|--|
| Give up television and Internet for one day. | Genuinely compliment someone who isn't expecting it. | Donate a bag of food to a local church or charity. | Go to a weekday Mass. | Pray for good things for someone who has been unkind to you. | Visit an elderly friend or relative who doesn't get a lot of visitors. | Make homemade pretzels, a traditional Lenten food. | Make an almsgiving box and collect change throughout Lent to donate. |
| Plan a simple meal and talk as a family about how to help the hungry. | Pray for people in your parish's RCIA program preparing to enter the Church. | Do a craft, piece of art, or creative project that glorifies the Lord. | Send a card or note of encouragement to a priest or a member of a religious community. | Pray for an increase in religious vocations. | Ask for forgiveness from someone that you have wronged. | Not just Friday: Have an additional meatless day one week during Lent. | Pray for someone preparing for First Communion or Confirmation. |
| Light a candle at church and pray for someone in your life. | Volunteer some of your time to help at church, school, or home. | Clean up a mess that somebody else made (without complaining). | Memorize a prayer that you don't already know by heart. | Surprise someone by doing a task or chore that they normally do. | Donate a bag of things that are still nice, but that you just don't use. | Pray the Rosary (or even just a decade) as a family. | Thank someone who has been a good influence in your life. |
| Read a religious book individually or as a family. | Listen to religious music while doing a task you have been putting off. | Attend (or read at home) the Stations of the Cross. | Pray for world political and religious leaders. | Make hot cross buns. | Learn more about a saint that your family is unfamiliar with. | Do something healthy to take care of the body God gave you. | Clear your mind of other things and sit quietly with God. |
| Do something to help the Earth. | Go to Adoration, even if it's just for a little while. | Pray for the Pope. | Watch a religious movie together as a family. | Give up sweets and other snacks for a day. | Read one book of the Bible. | Do a foot washing with your family members. | Attend a Holy Week Mass. |

MY 2026 LENTEN CALENDAR—40 CROSSES

This Lent I will show my love for Jesus by doing something for him each day. To show what I have done, I will color a cross each day to match one of the good deeds below.

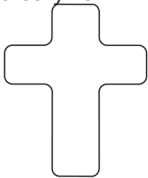
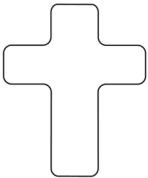
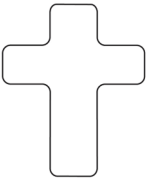
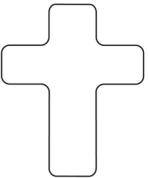
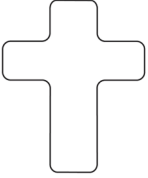
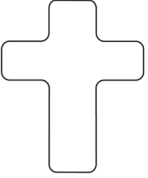
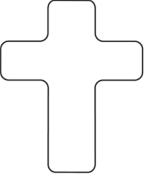
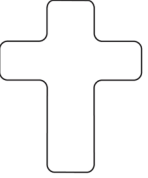
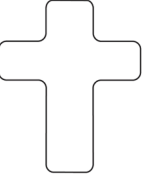
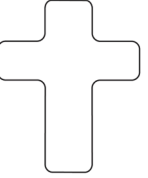
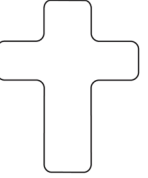
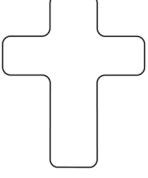
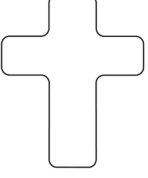
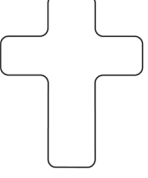
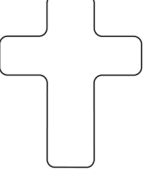
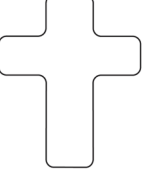
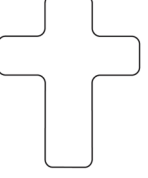
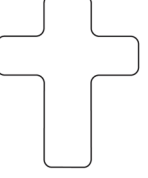
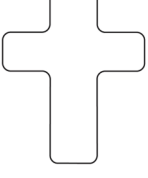
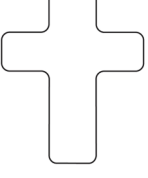
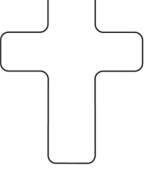
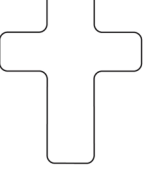
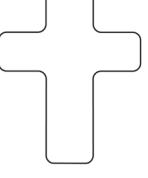
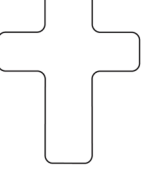
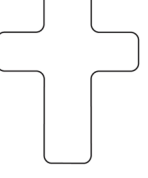
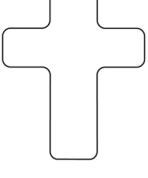
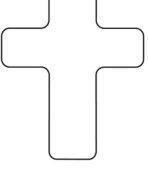
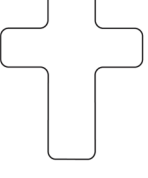
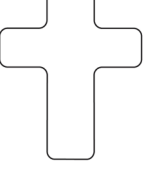
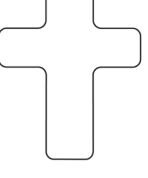
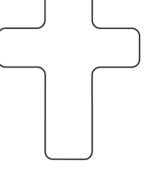
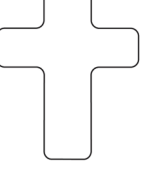
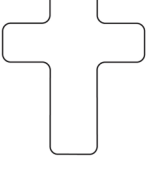
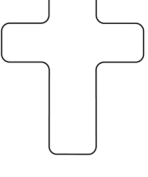
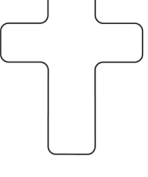
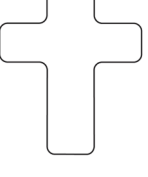
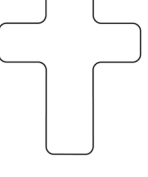
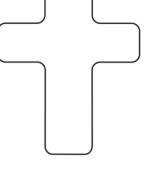
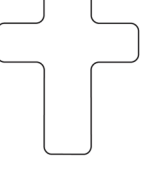
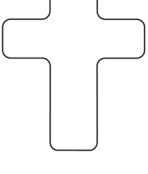
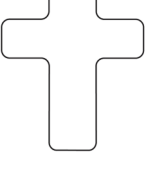
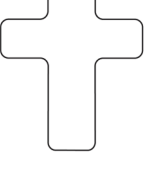
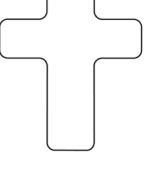
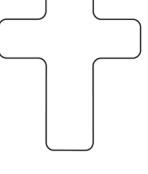
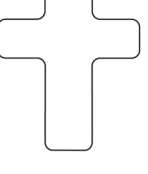
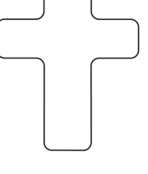
GREEN CROSS - I said an extra prayer.

PURPLE CROSS - I helped someone.

RED CROSS - I did something good that was hard for me to do.

YELLOW CROSS - I did what I was supposed to do without being told.

Signed _____

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|---|
| | | | February 18  | 19  | 20  | 21  |
| February 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| March 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| March 8  | 9  | 10  | 11  | 12  | 13  | 14  |
| March 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| March 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| March 29  | 30  | 31  | April 1  | 2  | 3  | 4  |